

# Kentucky's Tobacco QUITLINES



## Quit Now Kentucky



## My Life, My Quit



## This is Quitting

Cost	Free!	Free!	Free!
Ages	All ages	Ages 17 and under	Ages 13 to 24
Coaching Method	Live support by phone, online, or both – plus extra support via email, text, or online chat	Live support by phone, by text, or through online chat – plus extra support via email or text	By text through an automated response system
Text	QUITKY to 797979	START MY QUIT to 855-891-9989	KENTUCKY to 88709
Call	1-800-QUIT-NOW	855-891-9989	Not Available
Website	QuitNowKentucky.org	MyLifeMyQuit.com	TruthInitiative.org/ ThisIsQuitting
Hours	8AM to midnight (EST) 7 days a week	Calls: 8AM to midnight (EST) 7 days a week Texting & Chatting: 24/7	24/7
Duration	4 calls	5 calls	Up to 9 weeks
Nicotine Replacement	Available free to some callers	Not Available	Not Available
Provider	National Jewish Health	National Jewish Health	Truth Initiative



KENTUCKY  
TOBACCO  
PREVENTION  
& CESSATION  
PROGRAM

If you have questions about these programs or would like to request promotional materials, please contact KTPC Cessation Administrator Heather Shaw at [Heather.Shaw@ky.gov](mailto:Heather.Shaw@ky.gov) or [KY.TobaccoFree@ky.gov](mailto:KY.TobaccoFree@ky.gov).